IN THE CLAIMS:

Please cancel claims 1-12 without prejudice or disclaimer, and add new claims 13-21, as shown below in the detailed listing of all claims which are, or were, in this application:

Claims 1-12 (Canceled)

13. (New) An inclusion complex of a lignan or lignan ester with a cyclodextrin, wherein the lignan is hydroxymatairesinol or a geometric isomer or stereoisomer thereof, and the lignan ester is an ester of said hydroxymatairesinol, where one or both of the phenolic hydroxyl groups of hydroxymatairesinol are replaced by R'-CO-O or R'-SO₂-O, wherein R' is a C₁ to C₂₂ alkyl, alkenyl, arylalkyl, aralkenyl, or an aromatic group, and R' is unsubstituted or substituted with one or more hydroxy groups and/or one or more carboxyl groups, an oxo group or an amino group.

14. (New) The complex according to claim 13, wherein the cyclodextrin is α -cyclodextrin, β -cyclodextrin, γ -cyclodextrin or a derivative thereof.

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- 15. (New) The complex according to claim 14, wherein the cyclodextrin is a natural cyclodextrin.
- 16. (New) The complex according to claim 14, wherein the cyclodextrin is y-cyclodextrin or hydroxypropyl- β -cyclodextrin.
- 17. (New) The complex according to claim 13, wherein both of the phenolic hydroxy groups in hydroxymatairesinol are replaced by R'-CO-O or R'-SO₂-O.
- 18. (New) A food product comprising a complex according to claim
 13 and a foodstuff.
- 19. (New) The food product according to claim 18, wherein said foodstuff is a member selected from the group consisting of a functional food, a nutritional supplement, a nutrient, a pharmafood, a nutraceutical, a clinical nutrition product, a health food and a designer food.
- 20. (New) A dietary supplement composition comprising a complex according to claim 13 and an acceptable carrier.

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21. (New) A pharmaceutical composition comprising a complex according to claim 13 and an acceptable carrier.